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Bangalore Mirror

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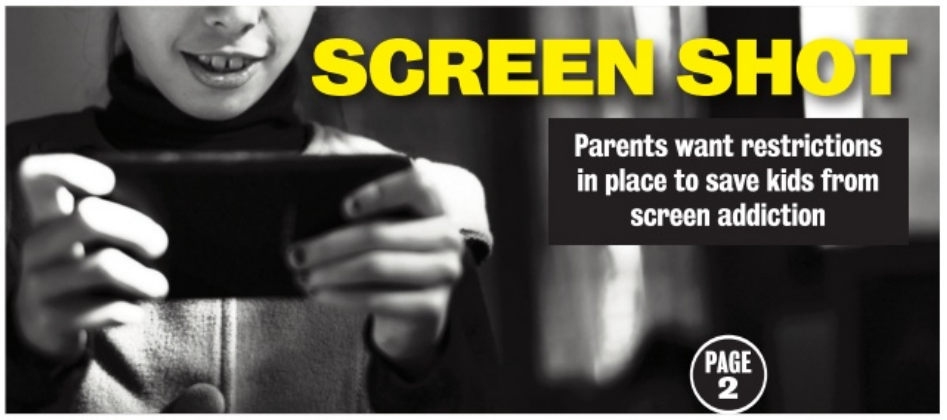

As disabled passengers reveal it is quite impossible to use BMTC buses without assistance from someone, BM takes a look at urban mobility's inclusivity problem

SOME FELL BY THE WAYSIDE

Steps of buses too steep, narrow; transport employees not sensitised to issue

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TWEETS @BangaloreMIRROR

The Bangalore Metropolitan Transport Corporation (BMTC), this time around last year, had for the first time introduced buses with a built-in wheelchair-lifting facility. Under the FAME II scheme (Faster Adoption and Manufacturing of Electric Vehicles in India), the corporation had designated 300 non-AC electric buses with the facility, with an objective to provide disabled-friendly services. However, those with locomotor disability, as well as activists, say more systemic changes are required in the corporation's functioning in order to make it truly inclusive.

Ganga Mandel, a woman with locomotor disability, said that if a disabled person needs to use the BMTC service, they cannot move in and out of the bus without assistance from a friend or family member and from members of the bus crew. "Those with polio or other

CONTINUED ON PAGE 8 »

"People with disabilities should have equal access to all buses like everyone else and not just a small percentage of buses
–Shaheen Shasa, BBPV

Good bill hunting

Tenants of some co-living spaces not given BESCOM bills, only asked to pay over-the-top amounts for electricity, they claim

| Melvin Mathew
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TWEETS @BangaloreMIRROR

Tenants living in co-living spaces are confused over whether they must be issued BESCOM bills. There is no consistency in the practice they said, as only some co-living spaces are issuing bills as of now.

In most co-living spaces, tenants have their meters but they pay the management of the co-living space, who then pay BESCOM. The payment is made within the co-living space's internal app where the electricity charges are listed separately from the monthly rentals. While some spaces issue a BESCOM bill for verification, in some cases, the bills are not issued. Confusion lingers on whether there is a legal requirement for these establishments to issue a BESCOM bill as the co-living spaces also have to account for common area expenses.

For residents of a co-living space in Ejipura, the electricity charges are climbing up, but the management is refusing to issue a BESCOM bill. "Tenants have to raise a ticket through the app for accessing the electricity bill and the break-up of charges. We don't get an electricity bill. The PG adds the electricity charges to our monthly rent. I wrote a mail to the management asking for a break-up of the electricity bill to know why my electricity bill skyrocketed

CONTINUED ON PAGE 9 »

2 THINGS TO DO

01 Groove more

Immerse yourself in a night of electrifying beats as Cyberpunk Saturdays presents DJ Trillah live at one of the happening places in the city. DJ Trillah is all set to deliver a performance that will transport you to a cybernetic realm.
Where: Babylonia; When: August 12; Contact: 6364407330

02 Revolutionary play

Grab the chance to watch 'Gagan Damama Bajyo', a biography of the legend Bhagat Singh, this Independence Day. The play is presented by Theatrenama and directed by Piyush Mishra. Get to know the experiences and thoughts of the freedom fighter through this interesting play.
Where: Ranga Shankara
When: Tuesday, August 15; 7:30 pm

Evolving surgical care

Kauvery Institute of Robotic Surgery was inaugurated on Tuesday by Padma Bhushan Dr Senapathy Kris Gopalakrishnan (Chairman of Axilor Ventures and Co-Founder of Infosys) and Dr S Chandra Kumar (Founder and Executive Chairman, Kauvery Hospital). Dr S Vijayabaskaran, Executive Director, Kauvery Hospital, emphasised their mission to deliver transformative surgical care through advanced technology and compassionate values. A hospital release said that the institute collaborates with Intuitive Surgical Systems, the manufacturer of Da Vinci X, for less invasive procedures, reducing pain, blood loss, and scarring. Shorter hospital stays and quicker recovery times enhance the overall quality of life. — BMB

PICTURE FOR REPRESENTATION ONLY

Critical need: 'Better balance their childhood'

Parents in city advocate for implementing similar Chinese guidelines to reduce screen time among kids; experts suggest promoting active lifestyle

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With children's increasing addiction to smartphones, parents are grappling with this modern-day challenge, prompting a growing demand for measures to curb excessive screen time, taking a cue from China's recent proposal. Just as China plans to limit children's smartphone usage, Bengaluru parents are advocating for similar restrictions to mitigate the negative impacts of screen addiction on their children's well-being.

Jayashree, a mother of a seven-year-old, shared her frustrations, saying, "My kid refuses to eat without a mobile in his hand. If we snatch the mobile phone, then we are seeing withdrawal symptoms, and my son is acting cranky. I hope there should be a way out like the Chinese proposal to limit screen time."

China's guidelines suggest specific time limits for various age groups, allowing children under eight only 40 minutes of mobile phone usage per day, while those aged 16–18 are permitted two hours.

Dr Kritika Agarwal, senior consultant in paediatrics at Manipal Hospital, Sarjapur Road, emphasised the importance of government intervention to address this growing concern. She stressed that imposing necessary restrictions on screen time can shield the younger generation from the adverse effects of excessive mobile phone usage.

China's guidelines suggest specific time limits for various age groups, allowing kids under eight only 40 min of phone usage

Dr Agarwal stated, "Approach should aim to strike a balance between reaping the benefits of technology and preserving the well-being of individuals, ensuring a healthier digital ecosystem for the present and future."

Dr Santosh Kumar, paediatrician and neonatologist at Motherhood Hospitals, Banashankari, also echoed the urgency of addressing smartphone addiction. He emphasised the need for guidelines to curb excessive screen time among children, as prolonged and unmonitored phone usage can have far-reaching consequences.

Dr Kumar stated, "If these electronic tools are used without a set limit, it poses major risks to a child's physical health as well as impedes their growth and development. Recently, we came across a young girl whose excessive screen time impacted her expressive language development and social interaction skills. Hence, there is a need for gradually reducing screen time, increasing meaningful interactions, and engaging children in various activities to promote healthy development."

Dr Agarwal added that there is a need for supervised screen time by encouraging shared media use, especially for children under five years old, where parents actively participate and guide screen activities.

"Promote an active lifestyle by encouraging physical play, creative arts, and other non-screen-based activities to reduce children's reliance on electronic devices. Parents should lead by example, demonstrating responsible screen usage and setting healthy screen time limits for themselves," he explained.

> **"My kid refuses to eat without a mobile in his hand. If we snatch the mobile phone, then we are seeing withdrawal symptoms** – Jayashree

Furthermore, Dr Kumar mentioned, "There is a need for balanced screen time by encouraging a limit of less than two hours of recreational screen time per day, focusing on educational and social interaction purposes. Limit screen exposure to prevent delayed language development and communication difficulties. Discourage smartphone use during meals to prevent overeating and the consumption of junk food, and engage children in conversations to counter the tendency for excessive solitary screen time."

Let Karnataka handloom reign

The saree-clad women took over Trafalgar Square in London, showcasing the beauty of handloom sarees from across India.

Organised by Dr Deepti Jain, the event, British Women in Sarees, saw women representing different states donning handwoven sarees, each holding a unique narrative of Indian heritage. The procession featured over 500 women from 21 states, including 40 participants from Karnataka.

These handloom sarees, crafted, celebrated Karnataka's diverse weaves like the Ilakal, Guledagudda Khana saree, and more, resonating with the rich cultural tapestry of India.

An organiser said, "The event was timed with the Swadeshi movement anniversary and paid tribute to India's handloom traditions. The participants, wearing these sarees, walked through landmarks like Trafalgar Square, 10 Downing Street, and Parliament Square, evoking a sense of cultural pride and unity.

Coordinated by Sarita Rahul, Nivedita Devraj, Meera Jagadish, and Kanya KT, the event showcased the collective efforts that amplify the importance of India's handwoven legacy."

As the event concluded, the melodies of Kannada songs and the display of handloom sarees continued to resonate, celebrating India's intricate weaving heritage on a global stage.

— Prakash VL

The procession featured over 500 women from 21 states, including 40 participants from Karnataka

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Blight to Beauty: B'luru youth's vision for flyovers

Neglected spaces beneath flyovers could become vibrant community hubs

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Emerging from the heart of Bengaluru's urban landscape, a generation driven by innovation is envisioning a vibrant transformation for the city's flyovers. These iconic structures, which have long graced the city's skyline, have fallen victim to neglect, with the spaces beneath them turning into wastelands. However, the youth, represented by aspiring design students, is fervently advocating for change. In a recent gathering, they presented an array of imaginative ideas that could metamorphose these neglected areas into vibrant, colourful spaces.

During a recent meeting with BBMP on the Brand Bengaluru theme, design students presented innovative ideas. One student suggested incorporating Bengaluru's rich heritage and culture into calendars, showcasing local fairs, festivals, and historical sites. Another emphasised the need to create beautification gardens beneath the flyovers, featuring sculptures, play equipment, animal shelters, and parking facilities. Furthermore, the students recommended introducing convenient parking options beneath the flyovers through mobile app-based pay-and-park systems, along with establishing auto rest stops. Enhancing public spaces with well-placed seating arrangements, strategically positioned games such as chess for community engagement, and constructing accessible public restrooms were also among their proposals.

Design students emphasised the need to create beautiful gardens beneath the flyovers, featuring sculptures, play equipment, animal shelters, and parking facilities

Addressing footpath mismanagement, the students proposed dedicated cycle lanes, educational kiosks for migrant labour children, and compound walls around vacant roadside lots. Their ardent plea extended to the establishment of a comprehensive Heritage Conservation Act for Bangalore City. Open theatres and traditional centres scattered across Bengaluru, a fast-tracked Signal-Free Bengaluru initiative, interconnected footpaths linking key city centres, government infrastructure relocation to the ring road, repurposing existing structures for public use, immersive virtual walking experiences, and informative notice boards in public spaces all featured in their forward-thinking suggestions.

> **"Driven by the ideas of residents, a multitude of concepts have emerged, which will be made into a report to be presented to the government.** – BBMP Official

A BBMP official shared, "The Brand Bangalore initiative, aimed at transforming the city into a dynamic hub, has tapped into a wealth of suggestions from citizens across seven distinct categories. Driven by the ideas of residents, a multitude of concepts have emerged, portraying an enriched Bengaluru. Leveraging this abundance of input, these diverse suggestions will be amalgamated into a comprehensive report, poised to be presented to the government, paving the way for the realisation of the most impactful recommendations."

BBMP Special Commissioner (Finance) Jayaram Raipura said, "Around 10,000 suggestions have poured in from citizens, all focused on elevating Bengaluru's infrastructure. We will undertake a thorough review of these suggestions, culminating in a comprehensive and insightful report."

Securing Electronic City: ELCITA's innovative survey

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In an effort to ensure safety and resilience within Electronic City, the Electronics City Industrial Township Authority (ELCITA) conducted a survey using a tool to ensure that no damages are caused to the underground utilities while digging up the roads.

Recognising the potentially catastrophic consequences of any damage to these assets during construction or maintenance work, ELCITA embarked on a Sub Surface Utility Engineering (SUE) survey utilising Ground Penetrating Radar (GPR) and Induction Locator technologies.

Numerous incidents have been reported in various localities concerning the damage of underground utilities, including water pipelines, electric lines, telecom lines, and gas pipelines. With several lines laid underground, there is a constant threat of damage when roads are dug up to install additional utilities underground.

While some departments employ ground penetrating radar to assess information about underground utilities, others sometimes carry out work haphazardly without checking the lines' connections. However, the GPR Survey demonstrates its effectiveness in assisting ELCITA citizens.

Consequently, ELCITA tendered out over 903 acres of land to a third party to obtain the necessary details of underground utilities in each area. GPR is a geophysical method that uses radar pulses to create subsurface images. It aids in the examination of underground utilities like concrete, asphalt, metals, pipes, cables, and others, thereby preventing unnecessary digging or excavation.

A spokesperson at ELCITA said, "We conducted the survey between May and July of last year and got all relevant information about underground utilities throughout the area. The survey determines the depth, size, length, width, and thickness of the utilities buried underground.

ELCITA

ELCITA conducting survey using a tool to ensure no damages are caused to underground utilities

Since conducting the survey and obtaining the relevant information, we haven't encountered any instances of unnecessary digging or damaging of underground lines. The survey also has every location recorded and this helps in knowing the kind of utilities underground."

The spokesperson further added that this is a one-time survey, and the collected results will be valuable for their long-term planning. "When an agency approaches us for digging the road for laying underground lines, we first examine the location and provide them with all the details. If the location is not ideal for utility installation, we suggest an alternative spot to the respective agency. Only after this evaluation are they permitted to proceed. Furthermore, this approach enhances worker safety. In case a power cable is damaged during work, it can lead to electric shocks," the ELCITA spokesperson added.

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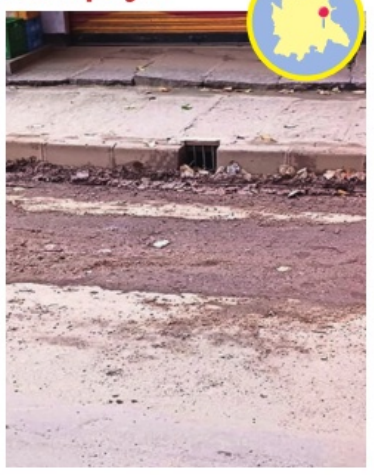
Trinity troubles

Trinity

Bengaluru's prestigious Trinity junction is riddled with potholes

Pothole menace

Sultanpalya



Road near the Sultanpalya BMTC bus stand has been in broken condition for the past 8 months, leading to numerous accidents, especially during the monsoon.

Neglected intersection

Lavelle Road

The intersection of Vittal Mallya and Lavelle Road, adjacent to Biere Club, has been poorly patched, creating a pothole-ridden area that continues to endanger commuters

Uncertainty rattles the sales deeds

Court issues temporary injunction order to restrain respondents and their agents over disputed land

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Are sub-registrars above the law and immune to following injunction orders passed by honourable courts? If the registration of sale deeds of residential sites at a layout developed by some people, including N Nethravathi, the daughter of former minister MTB Nagaraj, is any indication, it seems a few sub-registrars, especially the sub-registrar of KR Puram, are above law.

The VI Additional City Civil and Sessions Court, on July 31, while hearing the petition filed by Renuka V Reddy and three others, issued a temporary injunction order to restrain the respondents and their agents or GPA holders, anybody, even their friends acting under them, from alienating or restraint to create any encumbrances in respect of the suit schedule properties during the pendency of the petition, in the interest of justice and equality.

"Issue an order of temporary injunction restraining the respondent No. 18 (Smt N Nethravathi, w/o R Girish), 19(a) (G Uma, w/o GA Muniraju), 19(b) (GA Muniraju, s/o Annayappa), 20(a) (M Ramesh, s/o late T Muniyappa), 20(b) (Ramanjaneya, s/o late T Muniyappa), and 20(c) (K C Praveen, s/o late Chandraiah N L) or any other person/s acting or claiming under them, their agents, servants, henchmen, attorneys, etc., from alienating, encumbering, or creating third party rights in the scheduled properties wholly or partially, in the interest of justice and equality," the court order said.

"I personally handed a copy of the temporary injunction order to the sub-registrar of KR Puram. I approached the Inspector General of Stamps and Registration, Dr Mamatha BR seeking direction to cancel the sale deeds –Yatish M

The dispute is over 11 acres and 39 guntas of land bearing survey numbers 65, 94, and 19/2 at Kothur Village of Vijinapura in KR Puram Hobli. One of the petitioners, Yatish M, the grandson of BM Venkatamma, had obtained a temporary injunction order on March 2, 2019 in the final decree proceedings No. 67/2002 by the Additional City Civil and Sessions Judge.

However, Yatish M came across the sale deeds of sites No. 48 and 82 dated August 3, 2023. The site No. 48 was again sold on August 4, 2023.

"I personally handed a copy of the temporary injunction order to the sub-registrar of KR Puram, but he failed to follow the court order. I approached the Inspector General of Stamps and Registration, Dr Mamatha BR seeking direction to cancel the sale deeds," said Yatish.When informed, Inspector General of Stamps and Registration, Dr Mamatha BR said that she will take action against those responsible for the registration of the sale deeds.

NIA to handle terrorism case

The National Investigation Agency (NIA) is expected to take over a terrorist case filed by the Karnataka police. The case was filed last month on the basis of information from central agencies regarding a terrorism conspiracy.

The Bengaluru police department filed the complaint under the Unlawful Activities Prevention Act, 1967. According to police sources, the Karnataka police have requested an NIA investigation into the prison-linked terror plan.

The Ministry of Home Affairs has also demanded details on the case, which is considered a precursor to the case being handed over to the NIA.

The Bengaluru Central Crime Branch (CCB) police carried out an operation on July 18 after receiving information from a central agency, and five young people with a criminal record were detained for allegedly possessing seven locally made pistols, 45 live rounds, and allegedly plotting some sort of future terror attack.

NIA arrests three illegal migrants

On Tuesday, the National Investigation Agency (NIA) searched the Bellandur neighbourhood of Bengaluru and turned over three illegal Bangladeshi immigrants to the local police. According to Bengaluru police, the three accused do not have a current passport or visa for India. Khaleel Chaprasi, Abdul Qadir, and Mohammed Zahid have been named as the three individuals that were arrested; they were claimed to live in Bellandur jurisdiction. **-BMB**

Unlock liver health with BM

Join Dr Rajiv Lochan for an in-depth phone-in session on liver ailments and care

PHONE-IN

Many tend to underestimate the gravity of liver ailments, yet ignoring the symptoms can pose serious risks. In response, Bangalore Mirror is proud to announce a special phone-in programme featuring Dr Rajiv Lochan, Lead Consultant HPB and Liver Transplant Consultant Surgeon at Manipal Group of Hospitals, Manipal Hospital, Old Airport Road.

Dr Lochan will delve into the distinctiveness of his specialty and the rigorous training that shapes medical students and doctors into proficient liver specialists. From the root causes of liver disease to the complexities of viral hepatitis, the session will uncover the intricate factors driving liver health.

Fatty liver disease's significance and implications will be dissected, along with insights into the often-overlooked realm of liver-related illnesses in children. The discussion will further unravel the origins of liver cancer, its potential prevention, and available treatments. Multi-disciplinary liver care will be explored, emphasising collaborative approaches for holistic management, and the profound impact of liver transplants will be unveiled.

This is your chance to have your pressing liver-related questions addressed.

Join us for the enlightening phone-in session on Thursday, August 10, 2023, from 12:30 pm to 1:30 pm by calling 080-40877665.

It's worth noting that the detailed questions and answers from the session will also be featured in Bangalore Mirror. Don't miss this unique opportunity. Mark your calendar and engage with Dr Rajiv Lochan during this dedicated time slot.

Heads meet to plan how to keep B'luru on its toes

BMTC, BBMP, BMRCL, experts discuss suggestions, strategies received from public

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At a recent stakeholders' meeting held by the BBMP on the issue of 'Agile Bengaluru' under the 'Brand Bengaluru' project, experts from BBMP, BMTC, BMRCL and others discussed suggestions received from the public. The initiative envisions developing a comprehensive strategy for the people to make the city a foremost choice for them to live, work and rejuvenate.

Seven themes have been taken under the project which are Agile Bengaluru, Centre Bengaluru on water security, Green Bengaluru, Vibrant Bengaluru, Tech Bengaluru, and Clean Bengaluru.

Meeting held by BBMP (inset) discussed ways to make city first choice to live and work

Citizens' feedback was taken by deputy chief minister DK Shivakumar's office, which was analysed by academic partners, which were the Civil Department of the Indian Institute of Science and Ramaiah Institute of Management.

BS Prahlad, chief engineer, BBMP, said, "Bengaluru once known for its serene streets and green avenues, has undergone a remarkable transformation. Rapid urbanisation and a surge in population have reshaped our cityscape presenting opportunities and challenges. The recent TomTom traffic index rankings of 2022 ranked Bangalore as the second most congested city in the world. This highlights the urgency of our mission to ensure road safety, alleviate congestion and enhance the mobility experience with a particular focus on safeguarding our pedestrians. As many as 247 pedestrian deaths have happened in 2022 alone owing to road traffic." He added that establishing a well-connected public transport is crucial to address these concerns.

Meghana Verma from MS Ramiah Institute of Management said that in the study, there was a lot of free-flowing information which had to be categorised into major aspects.

Kalpana Kataria, executive director of BMRCL, said they are having regular meetings with BMTC for common ticketing. "We are working on metro connectivity. We are also working on more feeder services. Maybe we need to talk to more companies to incentivise their employees to buy tickets who use public transport. We allow only foldable cycles, as one of the directors raised security concerns in allowing common bicycles."

> **There are 5,500 buses and 57,000 trips every day, but after the Shakthi scheme, the demand for buses has increased**
>
> —Nagendra, BMTC

Nagendra, project manager at BMTC, said, they are adding minibuses which are in the tendering process. He added that there are 5,500 buses and 57,000 trips every day, but after the Shakthi scheme, the demand for buses has increased.

Vinoba, a freelance transport consultant said the lack of a masterplan is the biggest problem in the city. "There is an urgent need to have a proper scientific transportation study done."

"BMTC must bring bus stops closer to the gates of these apartment complexes. There has to be a focus to improve connectivity."

Citizens stand against illegal buildings

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In a move for fostering transparency, accountability, and active citizen participation, the citizens of Ward 110, have come forward with a spot violation platform to identify and spot a violation of illegal buildings in the ward and report it to an electronic form, wherein the complaint or information given will be stored and submitted to the authorities to take action on the illegal buildings.

Recently the Mahadevapura Joint Commissioner (JC) issued orders mandating the builders to display building plans of the building under construction out of the building premises as approved by the town planning department. The BBMP bye-laws clearly state to display the approval while the building is under construction. However, the residents pointed out that they have observed many buildings being constructed without publicly displaying plan approval in the Whitefield ward. Sandeep Anirudhan from Namma Whitefield said, " While orders were issued by the JC during the month of July, the building construction still continued. If the building plan is not displayed it is said to be an unauthorised construction by default. So we have thought of crowd-sourcing all the violations happening in the localities and submitting them to the JC. The location of the violation will be mapped. First, the citizens will have to complain on the BBMP Sahayaa app and then they can post the complaint on the electronic form once we release the forms. A compilation of violations will be submitted to the authorities. The idea is to create transparency that will help the public to know and understand the different violations and for the authorities to act on it."

> **Platform to allow people to identify, map and report illegal buildings in their locality**

The online form can be used by the public to submit violations on no display of building plan approval - unauthorised constructions, faulty approvals, deviations from building plan approval, zone violations that include unlawful commercial activity, commercial activity - Unlawful activity as per road width/area/zone, violation of timings by commercial establishments, encroachment of footpath, illegal overhanging cables, illegal flex posters and illegal bore-well drilling.

Anirudhan said, "The crowdsourcing violation platform is one way to stop illegalities and violations in the ward."

IN BRIEF

Stop funding hate: IIM-B faculty's plea

IIM-B faculty members have called for defunding social media and news channels for spreading hatred and misinformation. Drawing attention to the spate of violent incidents in the country, the faculty members of IIM-B and some retired faculties released an open letter to the leaders of corporate India. The letter urged the leaders to stop the spread of hate speech and misinformation being propagated by social media and news channels.

"Over the past few years, an open and public exhibit of hatred towards minorities in public discourse has become common practice in India: in political discourse, television news, as well as on social media. The usage of othering, dehumanising and demonising language while referring to minorities has reached alarming levels, and acts of violent hate crimes, often by organised and radicalised groups, against minorities have seen a rise. The inaction of police and security forces during recent communal riots, as well as the acquittal or pardoning of culprits involved in rape and mass murder during previous instances of riots, coupled with the silence of authorities, has signalled a glaring level of complacency in place of urgency by the government." said the faculty members in the letter.

They urged that such trends could disrupt the future of corporate India and hence action must be taken to curb it. They added that such violent acts could culminate into genocide and annihilate the social fabric.

> **In open letter, faculty members remind corporate India that maintaining peace is of paramount importance to it too**

"We believe that maintaining peace, stability and cohesion in the country is of paramount importance to corporate India without which India cannot become an economic powerhouse. The leaders of corporate India have an important and substantial role to play in curbing the spread of hate and misinformation." said the statement.

The letter concludes by urging corporate leaders to stop funding any news and social media organisations that publicly air hateful or genocidal content against a community of people. Conduct an internal audit to ensure that their funds, in forms like advertising or donations, go to only such stakeholders, like news and social media organisations that conduct themselves responsibly, and do not fan the flames of hate and misinformation. Mandatorily conduct timely diversity and inclusion sensitisation events within their organisations to ensure their work culture remains welcoming to people of a variety of faiths and social backgrounds. Vocally ensure that India's diverse social fabric, public discourse, and democratic institutions remain strong.

HEALTH TIP: Kale contains iron, which is essential for good health, including the formation of haemoglobin and enzymes

Radishes are rich in vitamin C which aids collagen production and keeps gums healthy

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Wednesday, August 9, 2023
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Going to hospital? Take your walking shoes

Exercising during a hospital stay linked with faster recovery – new research

When a person is admitted to hospital for any reason – whether due to illness or to undergo surgery – it's expected they will spend the duration of their stay resting in bed while they recover.

While rest is important, too much sitting or bed rest can actually make matters worse, with research showing it can slow recovery and lead to more health problems.

Our latest study shows that physical activity may help to counteract the effects of bed rest. We found that even just 25 minutes a day of walking while in hospital can significantly speed up recovery for older adults – and it may also prevent new hospital stays in the future.

To conduct our study, we analysed data from 19 clinical trials that looked at the effect of staying active in the hospital on a participant's physical function, their risk of subsequent health problems (such as falls), and also risk of hospital readmission.

In total, we looked at data from 3,000 older adults aged 55 to 78, who were admitted to a hospital intensive care unit or general medicine ward for seven to 42 days because of an acute illness (such as respiratory failure) or for surgery. We also looked at different types and amounts of physical activity, from simple bedside stretching exercises to walking programmes, as well as daily strength and aerobic exercises.

Our analysis revealed that older adults who did light physical activity (such as walking) while staying in hospital had better physical function by the end of their hospital stay, and a 10% lower risk of being readmitted to hospital within 30 days of discharge, compared with those who did not. The more activity a person did – and the more intense that activity was – the better their physical function and the lower their risk of being readmitted.

Overall, we found the optimal amount of activity was around 40 minutes per day of walking at moderate intensity – that is, walking at a speed that makes you slightly out of breath.

Importantly, older adults who remained active in the hospital were also 10% less likely to experience falls, disability or death after discharge, compared with those who remained inactive. This suggests physical activity may protect against the harmful effect of too much bed rest during hospital stays.

Other studies have also shown the benefits of physical activity during a hospital stay. For instance, research shows that early mobility therapy for critically ill and unconscious patients staying in intensive care units have faster recovery, better physical function, and more ventilator-free days.

Our study adds to this evidence by identifying optimal exercise types, as well as the amount of activity needed to see benefits.

The importance of movement

The idea that we should rest in bed while in hospital – and that activity could hamper recuperation – has long been a misconception. In fact, we have known since the 1940s about the negative effects of bed rest.

Since then, a lot of bed rest research has been conducted – mainly to understand what effect space exploration may have on the body, since astronauts spend long periods in a weightless environment. Surprisingly, within hours of bed rest, we start to lose muscle and bone mass. This leads to deconditioning, loss of strength, and ultimately a reduced ability to do daily tasks independently.

Prolonged bed rest also decreases blood flow and lung capacity and increases the risk of deep vein thrombosis. It can also lead to pressure sores and constipation and incontinence.

But physical activity helps to prevent deconditioning and preserve the muscle strength needed for mobility and daily tasks. It also keeps the cardiovascular system working as it should, and helps prevent deep vein thrombosis and gastrointestinal problems.

And the benefits of movement aren't only physical. Exercise is shown to relieve boredom and improve mood. It also connects patients with staff and caregivers, improving mental health.

Importantly, being active while in the hospital will help patients remain active in their daily lives, which is one of the most effective ways to stay healthy once back at home. This may explain why our study found that those who were active during a hospital stay had lower readmission rates.

So, next time you need to go to the hospital, pack your walking shoes. There's no "one size fits all" solution, but every movement counts. The key is to make sure you're doing activities suited to your abilities. If you're recovering from surgery or have a heart condition, be sure to start slowly with exercise and then increase it gradually.

Even small things – such as getting out of bed and moving to a nearby chair to rest, or going for a short stroll to the toilet or cafeteria – are a good start. If you aren't sure where to begin, be sure to talk to your GP, nurse or even a physiotherapist who can recommend a tailored routine.

(By Sebastien Chastin, Glasgow Caledonian University and Borja del Pozo Cruz, Universidad de Cádiz, for The Conversation)

All you need to know about...

Appetite

Brain and appetite
Researchers have shown that the hypothalamus, a crucial part of the brain that regulates appetite, differs in the brains of obese and overweight individuals from those of people who are of a healthy weight. The findings provide additional support for the connection between brain structure and eating habits and body weight.

Illness risk with being overweight
According to recent estimates, there are over 1.9 billion overweight or obese people in the world. This raises a person's risk of contracting a variety of illnesses, such as type 2 diabetes, heart disease, stroke, cancer, and worsened mental health.

Larger hypothalamus and BMI
In a study that was just published in Neuroimage: Clinical, the team discovered that young adults who were overweight or obese had significantly larger hypothalamus overall volumes. In fact, the team discovered a strong correlation between the hypothalamus' volume and body mass index (BMI). These volume differences were most noticeable in the hypothalamic subregions that regulate appetite by releasing hormones that balance feelings of hunger and fullness.

Inflammation
One possibility is that the change is related to inflammation, even though the exact significance of the finding is unclear, including whether the structural changes are a cause or an effect of the changes in body weight.
Other studies have shown that this inflammation can raise the threshold at which animals are full – in other words, they have to eat more food than usual to feel full. One suggestion is that the body reacts to inflammation by increasing the size of the brain's specialist immune cells, known as glia. —ANI

‘Haven’t seen single disabled-friendly electric bus’

CONTINUED FROM PAGE 1

disabilities have it relatively easier compared to people with a spinal cord injury. It’s because those with spinal cord injuries do not have sensations in their lower bodies.

The chances of us getting injured again are very likely and hence, it is not a risk worth taking,” she said. She noted that despite travelling from Tumakuru to the city every day, she has not come across a single one of the 300 electric buses with wheelchair facilities. The BMTC had decided to ply these BMTC in Majestic and around the Outer Ring Road (ORR), connecting Hebbal and Central Silk Board.

Shaheen Shasa, a member of the Bengaluru Bus Prayanikara Vedike (BBPV), said, “One of the biggest issues is boarding and alighting from the bus. The steps are too steep and the doors are narrow. So most of our buses are difficult to board and alight for persons with physical disabilities and limited mobility.”

She suggested that a policy decision must be made to only procure low-floor buses going forward while also working towards making the already existing fleet disabled-friendly. “People with disabilities should have equal access to all buses like everyone else and not just a small percentage of buses,” she said. She noted that inside most buses, there is often no designated space for a wheelchair and this needs to change too.

“But it’s not just about the bus infrastructure. It’s also about how we operate the buses, and how the staff can facilitate access more. When we stop and start at bus stops, are we giving sufficient time for people to board and alight? Is the crew waiting for persons with disabilities to get settled into a seat before starting the bus? Such things also matter,” she explained, adding that sensitisation programmes need to be held for employees. Along with this, footpaths, crossings and bus stops must also be made accessible and friendly for persons with disabilities, she said.

“The metro is better but the process is also tedious. Some metro stations are only accessible from one side. People tend to assume that mobility is the only thing disabled people need assistance with. When the airports are taking up initiatives, why can’t other departments?

Metro’s access

Ashwin Mahesh, an urbanist, pointed out that the metro has an advantage – large infrastructure and the platform being the same height as the train’s floorboard level, allowing it to be more disabled-friendly. “The metro is better but the process is also tedious. Some metro stations are only accessible from one side,” he said, suggesting that the system still needs ironing out.

He pointed out that airport infrastructure has begun to evolve to include other disabilities too. “People tend to assume that mobility is the only thing disabled people need assistance with. When the airports are taking up initiatives, why can’t other departments?” he questioned.

National Family Health Survey-5 has revealed that locomotor disability is the most common form of disability in the state. At 0.4%, it is higher than other types like hearing, speech and mental disabilities.

More men in the state suffer from locomotor disability than women (0.6% men as against 0.3% women). The percentage is out of 1,12,880 respondents in the state.

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CHANGE OF NAME

I, Nilofer hayath Khan Nazeer Mohammed Khan W/o Late Zaheeruddin Khan R/a 23, 6th Cross, 2nd Block, Akshaya nagar, Ramamurthynagar, Bangalore 560016. I have changed my name to Nilofer hayath Khan. Vide affidavit dated 07-08-23. Sworn before notary N Mahesha B'lore

I, VAISHAK ADHYAPAK V, S/o Vinod Adhyapak, resident of No. 1215, 10th Cross, Near Bachpan School, Nagapura, Mahalakshmipuram, Bangalore- 560 086 have changed my name to VAISHAK V ADHYAPAK vide affidavit dated 08.08.2023 sworn before notary Renuka C, Bangalore.

I, Praveen Adoni S/o Srinivasacharya Adoni R/o 203,1st main, Tarang Apartment, Rajajinagar, Bengaluru 560010 have changed my name to Praveen Srinivas Achar Adoni affidavit Dt.08/08/2023 notary Harisha G, B'luru

I, BAVA SHERIFF B.K, R/a #23/18, 9th B Main, 5th Cross, BTM Layout 1st Stage, Bangalore-29. I, have changed my name to, BAVA SHARIFF, S/o. Khadar Shariff, Vide affidavit, dated 08/08/2023 Sworn before Notary: M. Rajendra, Bangalore

I, Vasanthamma W/o Huchappa R/o Manchanabele Colony, Seegehalli gate, Arkavathinagara, Kadabagere, Bengaluru Rural 562130 have changed my name to Vasanthamma Huchappa affidavit Dt.08/08/2023 notary Harisha G, B'luru

I, Saloni Sudarshan Thane w/o Bharat Suresh Shirahatti R/o G1, Kodichikkanahalli, Begurhobli, Bengaluru 560076 have changed my name to Saloni Bharat Shirahatti affidavit Dt.08/08/2023 notary Harisha G, B'luru

I Rusia Chetana Sushilkumar D/o Sushil Kumar Rusia R/o 558, Bambi Road, Infront of Aeroplane Building, Gopal Ganj, Orai, Jalaun, Uttar Pradesh-285001 have changed my name to Chetana Rusia

I Heriharan.K.L S/o. Kailasam Ra Ma, R/a #50, 13th Cross Anepalya, Adugodi, Bangalore-560030, have changed my name to Hariharan Kailasam, vide affidavit dt 07.08.2023, before notary B.M.Chandrashekar

I Alfred Nickil Roche S/O, Bonaventure Roche R/o 401, Prince Royal, Eastwood Township, Bellandur, Bangalore have changed my name to Sean Nicholas Roche.

I Sauvik Das R/a Pranavaalyaa Gf, 14/1, 5th Cross, White Rose Layout, Whitefield, B'luru-560066, have changed my name to Arijiit Das, vide affidavit dt 08.08.2023, before notary B.M.Chandrashekar

I, Aisha Saiyadhameed W/o Saiyadhameed R/o 199,4th Main, Kumaraswamy Layout, B'luru 560078 have changed my name to Aisha Bee for all purposes.

NUHA Muzammil w/o Mohammed Muzammil R/o Bangalore Karnataka have change my name Nuha to Nuha Muzammil for all future purpose

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BTC in the lurch: No resolution in sight

Managing committee of premier racing centre to hold meeting in two weeks to discuss plans, approach to come good on sticky wicket

Ikram Khan
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After the State Government pulled the plug on the Bangalore Turf Club (BTC), not providing the licence to conduct racing at this premier racing centre, the managing committee of the club, spearheaded by BTC chairman Shivkumar Kheny have decided to hold Extraordinary General Meeting (EGM) after two weeks to ascertain a definite go-ahead from the members on the many designs and plans, the committee has drawn in addition to the all-important tactical approach required to come good on a sticky wicket. The information from the corridors of the power is that Chief Minister Siddaramaiah in a brief meeting with the BTC delegation on Friday categorically told the committee that he will call for a meeting with the full BTC committee including the government nominated stewards, LK Atheeq (Finance secretary) and B Dayananda (Police Commissioner) before making government's decision clear on the issue.

One thing the government has made it clear is that BTC need to shift out from its existing premises. Sources in the government ranks disclosed that a proposal to shift racing activities outside the city is drawn and the club is aware of the intention of the government. In addition the sources revealed that the government wants the club to withdraw the case pertaining to shifting of the race course pending before the Supreme Court. It maybe recalled that the BS Yediyurappa government in 2008 had directed the club to shift out and in response the club decided to contest the decision of the government in court pointing out that the 65-acre land was given to the horse racing club `as largesse' by the then Maharaja Of Mysore. The BTC however lost the case in the High Court before they filed an SLP in the Supreme Court.

The BS Yediyurappa government in 2008 had directed the Bangalore Turf Club to shift out and in response the club decided to contest the decision in court

BTC understands that the onus is on them to get racing back on the track and the mandarins of the club are looking for the support of the members to scale over hurdles

This apart, the real reason for the government to stop the ;licence is that the government is receiving many complaints on the sport, not being conducted in a satisfactory manner.

Favouritism, violation of rules of racing, be it racing and medicine have come to light and the government is seeking explanations from the decision makers of the club before they issue a directive to the club.

Taking into account that all this will take time, it is needless to mention that the horse owners and the syces (1,500) will be hit hard. It costs Rs, 40,000 per month to maintain a horse and without any earning from racing it is difficult to maintain a horse. The syces and the more than 1,000 daily wage earners including the tote operators too will be hit hard many seniors understanding that it will be difficult for them to gain employment in a different field at this stage.

The BTC understands that the onus is on them to get racing back on the track and the mandarins of the club are looking for the support of the members to scale safely and smoothly over the big hurdle in the weeks ahead. And that will happen if the government provides the pole for the BTC committee to do the vault.

Are we going by the meter?

CONTINUED FROM PAGE 1

from Rs 800 (approx) to Rs 1,100. We would like to know how two people can use so much electricity that their bill is around Rs 1,000." said Suparna (name changed), a resident of a renowned co-living space.

Another resident of the co-living space told BM that initially they were being charged fixed amounts and later began to be charged by the meter. "I joined the PG a year ago and in the rental agreement, it was mentioned that Rs 500 will be charged for electricity and other things. After a few months, they informed me that the meter would be installed and charged accordingly.

I live in a three-sharing room and the rent was increased by Rs 500. They informed us that electricity was for the common areas as well. I am seeing a regular increase of Rs 300-400 every month," said Kelvin (name changed), an aggrieved tenant.

However, the practice is not consistent with other co-living spaces. At another co-living space, a tenant told BM that they are paying via their internal app but the BESCOM bill is also being issued simultaneously.

"We make the payment via the app but we are issued the electricity bill. The bill is paid by the owners to BESCOM and then the bill is paid by us next month. Each person gets a divided share of the bill. After paying the bill, the management issues the BESCOM bill as well," another tenant of a renowned co-living space told BM.

This inconsistency makes tenants wonder if they are in the right to demand the BESCOM bill if they are not issued it. Without the bill, there is a risk of being charged arbitrary amounts without being able to verify the units consumed.

BESCOM clarified that such issuance of bills by any authority apart from BESCOM is against the norms. "If each portion has a separate meter installed, they should demand a bill. If the electricity charges are being billed separately without the issuance of a bill, it constitutes a resale of electricity.

Apart from BESCOM, nobody is authorised to resale the energy. Tenants can also file a grievance with the Karnataka Electricity Regulatory Commission (KERC)," said a BESCOM official on the condition of anonymity.

IN BRIEF

Man kills wife, surrenders

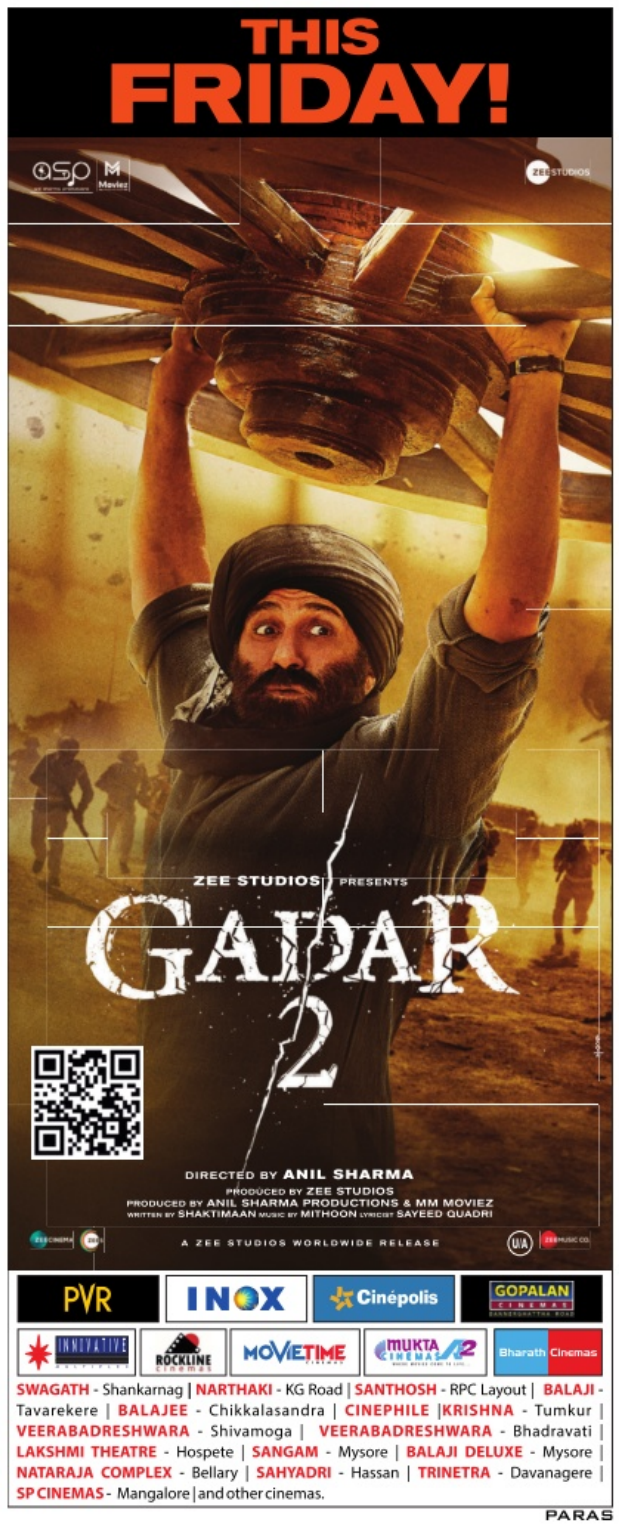
A 37-year-old pani puri vendor allegedly killed his wife before turning himself in to the police. Saritha and Tharanath, who hail from Mangaluru, had made Bengaluru their home. They had been married for 11 years, but are said to have had frequent fights, which affected their relationship.

According to sources, Tharanath intended to kill himself after strangling his wife to death with a rope. He even attempted to return to Mangaluru to die by suicide, but changed his mind and came back to report himself to the police. Saritha was known for stealing stuff in their hometown, the police claimed. According to the police, this was the main cause of the fight between the couple that culminated in Tharanath killing his wife. The accused has been charged with (IPC) Section 302. — BMB

Police go after protesters

A group of people had gone to different locations in the city and removed illegal flexes as a sign of protest against inaction of the Bruhat Bengaluru Mahanagara Palike (BBMP) and the state government despite the High Court's order to remove the eyesores. The protesters were instead dragged to the High Grounds Police Station as they were taking down banners in Mekhri Circle.

The police stopped and interrogated them, and told them to accompany them to the police station. The activists said they would arrive on two-wheelers, but the police forcefully transported them there in their car. — BMB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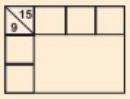
SOLVE IT IN A MINUTE

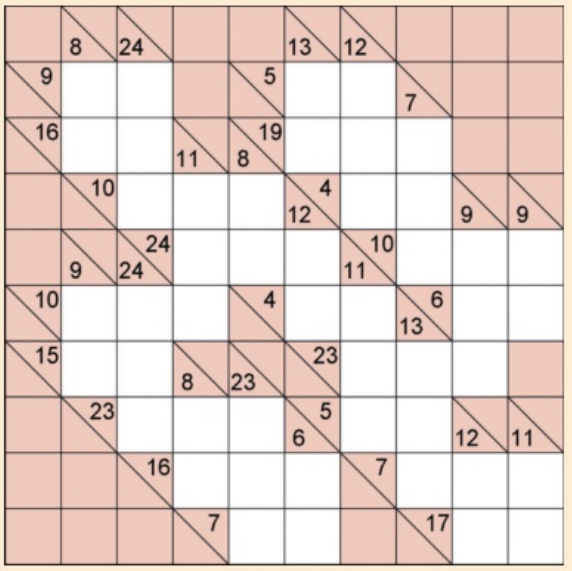
John walked the 6 kilometers between points A and B. He walked the first half of the distance at 6km/h and the second half at 3 km/h. 60 minutes after John started, Frank rode his bicycle, starting from point A, and caught up to John in 20 minutes. How fast did Frank ride? How far from point A did the meeting occur?

Kakuro

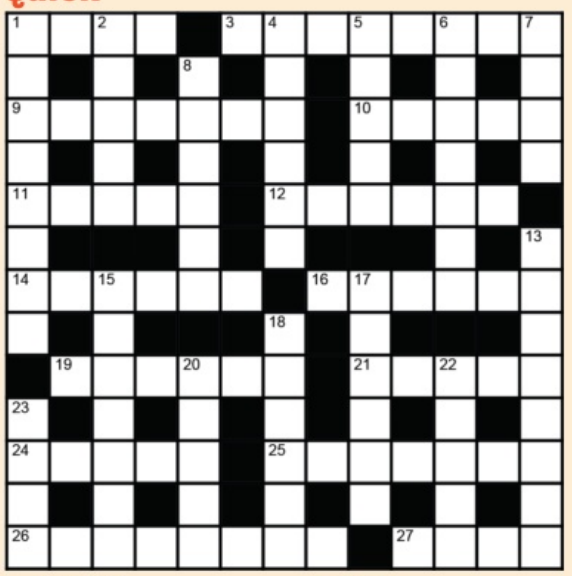
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Partiality (4)
3 Movable, not stationary or fixed (8)
9 National park in Uttarakhand (7)
10 A rough path (5)
11 Ran quickly (5)
12 A former British admiral (6)
14 Coming (6)
16 Moscow country (6)
19 Caesar's murderer (6)
21 Flinch (5)
24 Patna locale (5)
25 Spent time in idleness (7)
26 Infrequency or singularity (8)
27 Dread (4)

DOWN

1 Two-humped camel (8)
2 Relating to gold (5)
4 Excursion, trip (6)
5 Absolute or comprising the whole (5)
6 Heraldic shields, coats of arms (7)
7 The Americans call these animals 'moose' (4)
8 Grey or overcast (6)
13 Mauve-flowered shrub (8)
15 Bangalore's second largest lake (7)
17 Ill (6)
18 Stage whispers (6)
20 Italian city (5)
22 Unsophisticated (5)
23 Ski lift–"brat" anagram ? (1-3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS D

S HXM'F PSMH CSBSMN SM T PTM'A IXLCH TA CXMN TA S YTM QG T IXPTM SM SF.–PTLS-CWM PXMLXG

Linemaro

Do you believe in love at first sight, or should I walk by again?

Mindchow

Everything has beauty, but not everyone can see.

Joke of the day

I told my dad to embrace his mistakes. He cried. Then he hugged my sister and me.

Loop

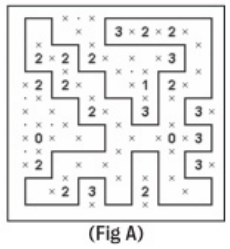
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

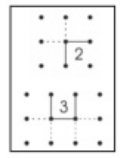
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

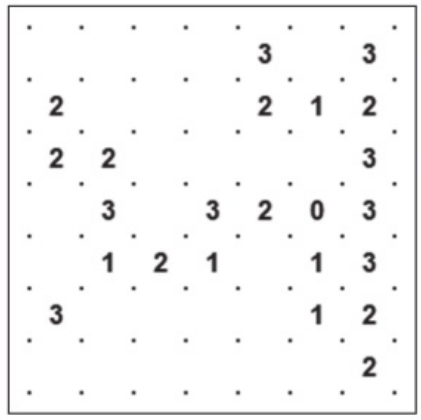
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



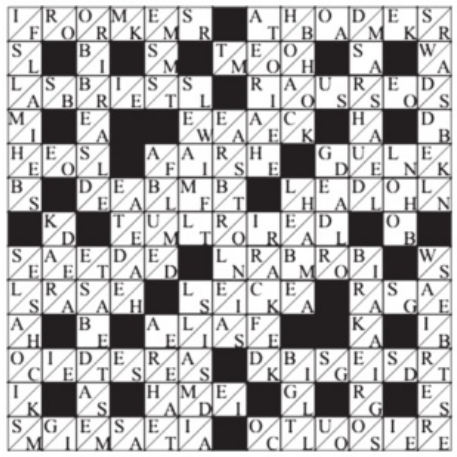
(Fig A)



(Fig B) Not Allowed



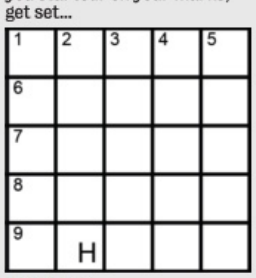
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 As pod; 6 Bap ma; 7 I tree; 8 A gait; 9 Hooks

DOWN

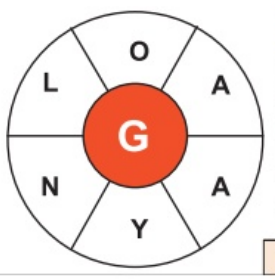
1 Drats; 2 He Boa; 3 At poi; 4 Mi Goa; 5 Spake

Mensapuzzle

Which of these is not a material?

HARIMO
TUBRET
NETEAS
SKAMAD
LICOCA

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

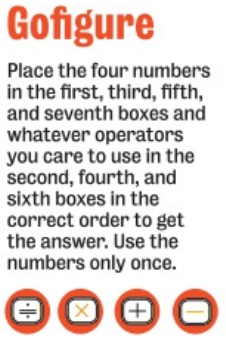
SudokuChallenge

	5	4		6		9	3	
1								8
		3	4		2	6		
6				4				5
		9	8		6	1		
5				9				6
		1	7		5	8		
7								3
	8	5		1		4	7	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

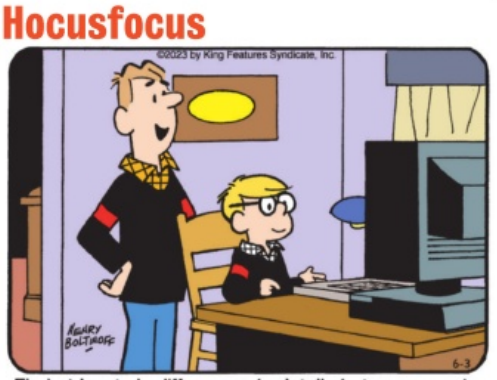


Easy = 6
4 5 6 9

Medium = 60
1 5 6 7

Hard = 1
2 4 9 4

Hocusfocus



Find at least six differences in details between panels.

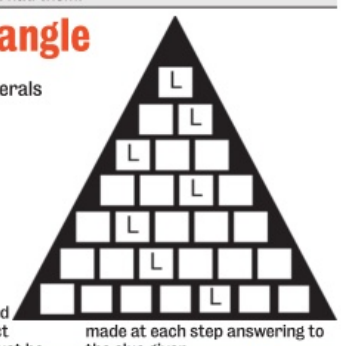
Differences: 1. Light is lower. 2. Sweater is longer. 3. Chair rung is missing. 4. Picture on wall is moved. 5. Boy's shirt is different. 6. Back of computer monitor is different.

Riddler

Albert is a keen dog admirer and in the years has had a number of dogs. He has had an Alsatian, a Dalmatian, a Poodle and a Great Dane, but not necessarily in that order. Albert had Jamie first. The Dalmatian was an adored pet before the Great Dane. Sammy, the Alsatian, was the second dog Albert loved. Whitney was housed before the Poodle and Jimmy was not a Great Dane. Can you tell each of the dogs' name and the order in which Albert had them?

Alpha triangle

1 Learner's plate
2 49 in Roman numerals
3 Tell it like it isn't
4 Cruise stop
5 Pizzeria portion
6 Souvenirs
7 Round shapes



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

ONE SIDE OF MY BACK FEELS LIKE I'VE PULLED SOME MUSCLES, MEDICINE MAN
WHICH SIDE?
THE LEFT
5-22
TRY SWITCHING YOUR WALLET TO THE RIGHT HIP POCKET!
TV REPAIR
Yates/Casson

Bizarrotrip

Diamond Lil

I ATE BREAKFAST AT THAT NEW PLACE TODAY
IT'S CALLED THE WHARF DELI
WHAT DID YOU HAVE?
AN EVERYTHING BAY GULL
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Hart of the city

SO WHAT KIND OF PAIN ARE WE LOOKING AT?
LIKE LEMON JUICE ON A PAPER CUT?
OR LIKE A GUNSHOT WOUND?
GASP!
YOU READY FOR THE NEXT ONE?
THAT WAS IT?! YES!!
HEART OF THE CITY © 2020 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

I WONDER WHERE MY 'BEAN'S END' ORDER IS?
WHEN DID YOU ORDER IT?
ABOUT A HALF-HOUR AGO...
BUT WHEN YOU'RE A PREMIUM, PURPLE, PRIME, PLUS, PRIORITY, PLATINUM, PREFERRED MEMBER... IT USUALLY ARRIVES IN THE NEXT FIFTEEN MINUTES!
S-29
BATIUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, blessings from elders may make you happy. Your investments may yield profits, and losses could be transformed into gains. Your savings may enhance your bank balance, and you might consider investing for your kids' future as well. Additionally, you may relish some delicious food at home. Problems related to your throat, teeth, ears, or nose may be resolved today.

Taurus Apr 21 – May 20
Today, you are blessed by elders. Your patience has improved, and your focus on your work is very strong. Your parents' health has also improved. You are likely to spend time with elders, and you may even meet an influential person who could assist you on the professional front. Enjoying romantic moments could enhance harmony in your domestic life.

Gemini May 21 – Jun 21
Today, you may feel a spiritual inclination and find yourself helping those in need around you. You might also have plans to donate to a charity or a religious place. Your positive karma could contribute to your success in challenging projects. You might sense a divine presence around you, assisting in unexpected situations. You may also feel an attraction towards the occult. Students are likely to find joy in in-depth studies.

Cancer Jun 22 – July 23
Today, you may feel a sense of dullness and be plagued by hidden fears, which could make you feel scared. You might find it challenging to trust anyone at the moment. It is advisable to engage in meditation and chant prayers to help you navigate this hypothetical situation. With the blessings of elders later in the evening, you may find a way to emerge from this difficult situation.

Leo Jul 24 – Aug 23
Today, you may be busy at work, and your network could expand. With the help of this network, you are likely to secure a significant big order in terms of business and work. There's a potential for starting innovative projects through partnerships. You might also receive investments in your business, which will contribute to its growth shortly. Additionally, your emotional relationship with your spouse is expected to further improve.

Virgo Aug 24 – Sep 23
Today, you may find yourself in a state of self analysis, which will boost your confidence. Your focus on your goals is now clear, leading to potential success in achieving them. Your creativity is likely to flourish, and you will develop an interest in artifacts, movies, glamour, and real-life objects. By the end of the day, you may experience a sense of satisfaction with your life. Furthermore, your opponents are likely to be under control at this time.

Libra Sep 24 – Oct 22
Today, you are likely to employ your creativity to renovate your house or office. Your focus on your goals might be strong. Overworking may tire your mind, potentially leading to anxiety, restlessness, and stress, which could impact your domestic life. Students are advised to avoid indulging in fantasies during their studies; instead, they should study with focus and dedication.

Scorpio Oct 23 – Nov 22
Today, you may experience dissatisfaction as the people around you may not cooperate with you. It is advised that you remain patient. You are advised to carefully read documents before signing any contracts. Making new investments in unnecessary items could become a hindrance for you. Students are advised to study their subjects with patience.

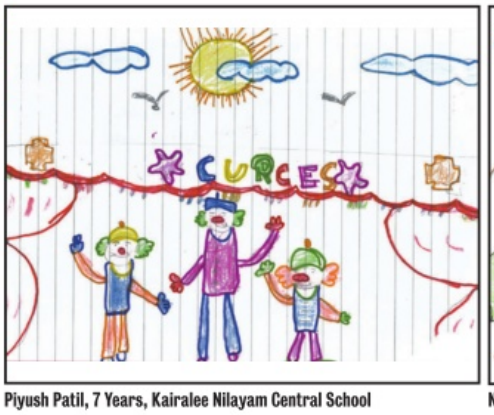
Sagittarius Nov 23 – Dec 22
Today, you may feel enthusiastic and more focused, which could accelerate the progress of your postponed projects. Your subordinates may assist you in initiating new projects that hold the potential for future profits. There might be an anticipation of short trips to address family matters. Job seekers may hear good news regarding potential job.

Capricorn Dec 23 – Jan 20
Today, you may be busy with family issues and making significant decisions on the domestic front. It is advisable to avoid engaging in arguments concerning personal matters. Your arrogance could potentially disrupt domestic harmony. You are advised to follow your intuition before making any business investments.

Aquarius Jan 21 – Feb 19
Today, your inner strength may help you to initiate innovations on the work front. You are likely to secure a substantial order in your parental business, fostering growth shortly. New responsibilities in your job could keep you occupied, and job seekers might receive positive news about potential employment. Improved understanding of your spouse may contribute to maintaining harmony in your family life.

Pisces Feb 20 – Mar 20
Today, you may feel dull, and your health might not be in its best state. Nervousness and anxiety could also be present, along with restlessness. It is advisable to delay any important investments in business or real estate. You are recommended to refrain from rushed driving and long-distance travel. Engaging in meditation is advised as it can assist in managing the challenging situation.

KIDZONE



Piyush Patil, 7 Years, Kairalee Nilayam Central School

Neha P Anish, 5 Years, NCFE School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru- 560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
J- 30 minutes to go the first 3 km plus 60 minutes to go the last 3 km.
F – 80 minutes from when J starts, F catches up with J. (Or 10 minutes before J would reach point B. 1/6 of 3km (1/2km) from point B they meet. (Or 5 1/2 km from point A)
So F rode 11 / 2 km / 1/3 hr = 33/2 km / hr. = 16.5 km / hr.

QUOTE UNCODE
I don't mind living in a man's world as long as I can be a woman in it.
– Marilyn Monroe

FAST FIVE

S	H	O	O	K
T	A	I	G	A
R	E	T	I	E
A	B	A	M	P
D	O	P	A	S

STRIKE OUT

F	O	R	M	E	R	T	H	A	M	E	S			
L	I	M	O	O	A	A								
A	B	E	S	S	R	O	U	S	E	D				
M	A	W	E	A	K	H	E	D						
E	E	L	F	I	S	H	D	E	L	E				
S	D	E	L	F	T	H	A	D	D	O	N			
K	T	U	T	O	R	E	D	B						
S	E	T	A	E	N	A	B	O	B	W				
L	A	S	H	L	I	K	E	A	G	A				
A	E	A	L	A	E	K	I							
C	E	T	E	R	A	D	I	G	E	S	T			
B	I	H	A	R	D	A	L	L	I	E	D			
T	T	U	I	E	A	N								
B	R	U	T	U	S	W	I	N	C	E				
N	A	N	A	B	O	B	V							
A	D	V	E	N	T	R	U	S	I	A				
I	G	E	N	L										
R	A	C	E	D	N	E	L	S	O	N				
T	I	A	I	A	Z	S								
C	O	R	B	E	T	T	R	A	C	K				
A	U	L	U	O	L	L								
A	I	M	O	O	A	A								
L	I	R	O	U	S	L								

QUICK

R	A	R	E	N	E	S	S		F	E	A	E		
A	U	I	E	L	V	E								
T	T	U	I	E	A	N								
B	R	U	T	U	S	W	I	N	C	E				
N	A	N	A	B	O	B	V							
A	D	V	E	N	T	R	U	S	I	A				
I	G	E	N	L										
R	A	C	E	D	N	E	L	S	O	N				
T	I	A	I	A	Z	S								
C	O	R	B	E	T	T	R	A	C	K				
A	U	L	U	O	L	L								
A	I	M	O	O	A	A								
L	I	R	O	U	S	L								

MENSA PUZZLE
BUTTER. The others are: mohair, sateen, damask, calico

RIDDLER
Albert had jamie the Dalmatian first, then Sammy the Alsatian, Whitney the Great Dane and finally, Jimmy the Poodle.

BULL'S EYE
agony, alga, along, ANALOGY, gala, goal, goal, long, yoga

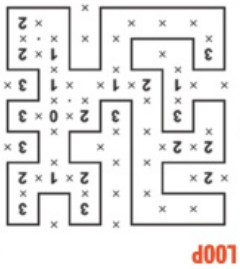
SUDOKU

2	5	4	1	6	8	9	3	7
1	6	7	5	3	9	2	4	8
8	9	3	4	7	2	6	5	1
6	1	8	2	4	7	3	9	5
4	3	1	7	2	5	8	6	9
5	4	2	3	9	1	7	8	6
3	7	9	8	5	6	1	2	4
7	2	6	9	8	4	5	1	3
9	8	5	6	1	3	4	7	2

ALPHA TRIANGLE
L, lL, lle, Isle, Slice, Relics, Circles.

GO FIGURE
Easy
6 – 4 – 5 + 9 = 6
Medium
7 + 6 – 1 x 5 = 60
Hard
4 + 2 + 4 – 9 = 1

LOOP



KAKURO

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

Special and determined

Journalist-cum-director Ramanand Mithra is busy making arrangements to promote his maiden Kannada movie Paryaya. A song video of the movie was released recently. Mithra plans to release the movie on September 8.

Paryaya (that means alternative in Kannada) was shot at a village on Goa-Karnataka border for 23 days and in and around Belagavi for a few days.

"The movie is about three special - deaf, mute, and blind - youths. They want to become somebody in society. How they adapt their lifestyles and work hard to realise their dreams is what the movie is all about. Ranjankumar plays the deaf man, Murugesh BS is speech impaired, and Rajkumar plays the blind person," said director Ramanand Mithra.

The director said the movie Paryaya is his second movie as a director. "I helmed Yekata, a children's movie about national integration. My second movie Paryaya is about the importance of hardwork and determination of three special youths. It conveys a message to society," the director said.

Most members of the cast of this movie are from Belagavi. "We organised a workshop to train the local artistes. I am happy with their acting skills," he said.

On the occasion, Rajkumar, who has also bankrolled the movie, said that he was a hardcore fan of Power Star Puneeth Rajkumar. "I had a wish that Puneeth Rajkumar would launch this film, but that was not to be. One of the incidents in my hometown inspired me to bankroll this movie," said Rajkumar.

Who's the queen?

What PC thinks of good friend and fellow gutsy lady Sush

Sushmita Sen is out and about promoting her upcoming series Taali. Her performance in the trailer is being praised all around and Sush is both charming and graceful in fielding all questions from the media about her role and her career. In a recent interview with Pinkvilla, she was asked how she reacted to judgements during the beginning of her career in the early '90s.

As everyone recalls, Sushmita joined films after winning Miss in 1994. Sushmita's witty reply was liked by her fans and by her good friend and former Miss World, Priyanka Chopra . She had only one word to say for Sushmita's answer, which was "Queen." She was asked how she reacted back then to disrespectful questions. Sushmita said that a senior person had advised to tackle these questions with compassion rather than antagonism because she had been told that what people will remember is not the question, but your reply. Priyanka's response among the 3,000 comments to Sushmita's post has been liked by her fans and they are now busy discussing how one powerful woman and world class actor is all appreciation for another gutsy lady in Bollywood.

—ETimes

ADVERTORIAL

DR. CHANDRASHEKAR P

Who believes in Miles per Minute

Orthopedic surgery has been transformed by the advent of robotic technology. The precision and accuracy afforded by this cutting-edge technology have revolutionized the way surgeries are performed, and nowhere are this more evident than in the field of knee replacement surgery. An expert in Joint Reconstruction Dr. Chandrashekar P, Director & Head of Department of Orthopaedics, Sakra World Hospital, Bengaluru with an experience of conducting 7,000+ successful knee replacement surgeries and one of the key global opinion leaders behind the development of CUVIS fully active robotic system is always aiming ahead to unleash the true potential of technology to serve his patients to the fullest. He has now created a record breaking performance by being the only surgeon to complete 12 robotic total knee surgeries in a single day, using only one robotic system.

The significance of this achievement cannot be overstated. Knee replacement surgery is a complex and demanding procedure that requires a great deal of skill and expertise. Performing twelve of these surgeries in a single day is a feat that very few orthopedic surgeons have accomplished. It is a testament to the remarkable skills of Dr. Chandrashekar P and his team, as well as the power of technology to improve patient outcomes.

The surgeries were performed using advanced robotic technology, which enabled Dr. Chandrashekar P to make precise and accurate incisions, minimize tissue damage, and reduce recovery time for patients. The robot is controlled by the surgeon, who uses a console to guide the robot's movements. The robot is equipped with a camera that provides a three-dimensional view of the surgical area, allowing the surgeon to see exactly what is happening inside the patient's knee. This technology enables the surgeon to make incisions that are much smaller than traditional incisions, which means less tissue damage and a faster recovery time for the patients.

Dr Chandrashekar P and Team.

Sakra World Hospital, one of the leading healthcare providers in Bengaluru and India's first FDI hospital, can really boast of introducing this advanced robotic knee replacement technology that is set to empower orthopedic surgeons. Starting from completing 1st 1000 knee replacements using small incision computer navigation system to being the 1st to do 1800+ robotic surgery active robotic TKR Dr. Chandrashekar P has proved the mettle.

The patients who underwent the surgery were all suffering from severe knee pain and discomfort, and had been struggling to perform everyday activities. The surgery provided them with relief from their pain and enabled them to regain their mobility. They were able to walk on their own within a few hours of the procedure, and reported little to no pain during and after the surgery.

Dr. Chandrashekar's achievement has been hailed as a major milestone in the field of orthopedics. It demonstrates the potential of robotic technology to transform the way surgeries are performed, and to improve patient outcomes. The precision and accuracy afforded by this technology mean that surgeries can be performed more quickly and with lesser trauma to the patient's body. This, in turn, means a faster recovery time & less time spent in the hospital.

His achievement is also a testament to the power of teamwork. The successful completion of twelve surgeries in a single day would not have been possible without the dedication and hard work of Dr. Chandrashekar 's team. The team included Orthopaedic Surgeon, anesthesiologists, nurses, and other support staff, all of whom worked tirelessly to ensure that the surgeries went smoothly and that the patients received the highest quality of care.

In conclusion, Dr Chandra-shekar P's achievement in performing twelve robotic knee surgeries in a single day is a remarkable achievement. It demonstrates the potential of robotic technology to revolutionize the field of orthopedics, and to improve standard of care for patients. Dr Chandrashekar's dedication and commitment to his patients, as well as the hard work of his team, are a testament to the power of teamwork and the importance of collaboration in achieving exceptional patient outcomes.